

#### ABSTRACT OF THE DISCLOSURE

Use of conjugated fatty acid glycerides, which are formed by converting conjugated fatty acids having conjugated double bond(s) in the molecule into glycerol esters, to more effectively exert the inherent physiological effects of the conjugated fatty acids and control the bitterness or astringency of the conjugated fatty acids, thereby making the conjugated fatty acids suitable for oral intake. These conjugated glycerides (for example, glycerides having conjugated linoleic acid in the molecule) have effects of improving lipid metabolism, preventing obesity, and preventing and treating hypertension.